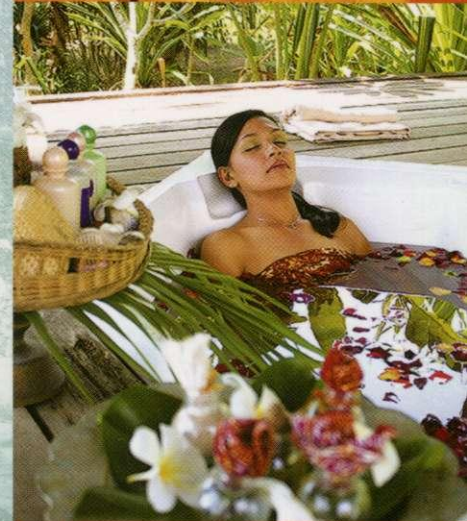
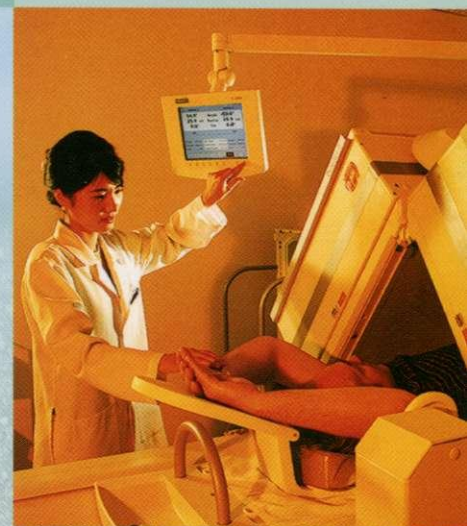


HEALTH AND LEISURE



Celebrating 50 Years of Nationhood

Malaysia
Truly Asia



Malaysia





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Selamat Datang Welcome to Malaysia

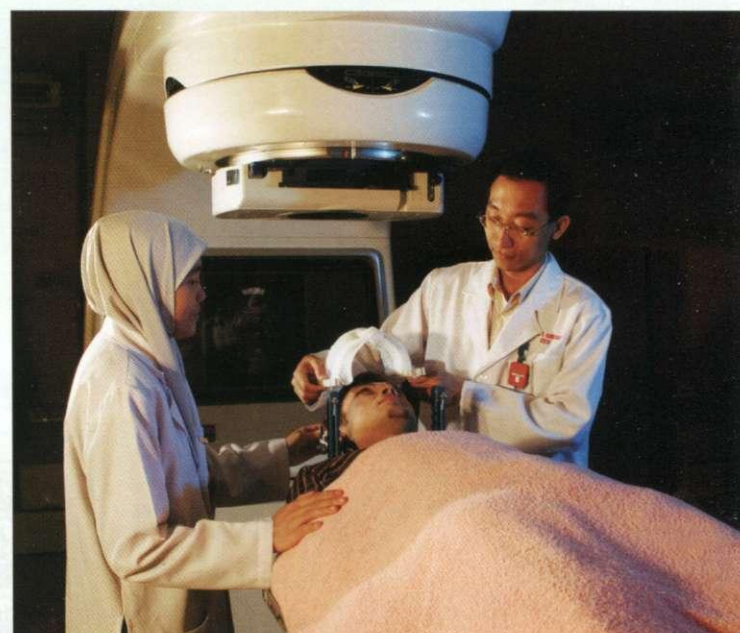
Blessed with idyllic islands, golden sandy beaches, verdant rainforests and friendly people, Malaysia is a fascinating holiday destination. With a warm sunny climate, it offers something for everyone to enjoy all year round.

Over the years Malaysia has grown into a sophisticated healthcare hub in Asia. With state-of-the-art medical facilities and highly qualified personnel, Malaysia is well-positioned to cater to the healthcare needs of people from the world over.

You can opt for health treatment in one of Malaysia's internationally recognised hospitals, and then stay on during the convalescence or recovery period. Or you can come for a holiday, and then take the opportunity to explore the various forms of treatment available in the country.

Malaysia comprises three distinct destinations — Peninsular Malaysia and Sabah and Sarawak in Borneo. Its capital, Kuala Lumpur or KL is one of Asia's

most dynamic cities. Its multiracial population of 25 million is made up of Malays, Chinese, Indians and various ethnic communities such as the KadazanDusuns and Ibans from Sabah and Sarawak. Together with the influence of the British, Portuguese, Dutch and Thais, Malaysia is indeed a blend of cultures.





From the joyous and exuberant festivals, customs and traditions of various ethnic groups, to the elaborate multi-hued attire and tempting array of cuisine, you know you are savouring Asia when in Malaysia.

The country's main gateway is the Kuala Lumpur International Airport (KLIA), south of the capital. Other major international airports are in Langkawi, Penang, Kota Kinabalu and Kuching. Over 40 international airlines fly into the country while the national carrier, Malaysia Airlines, has a global network that spans six continents.

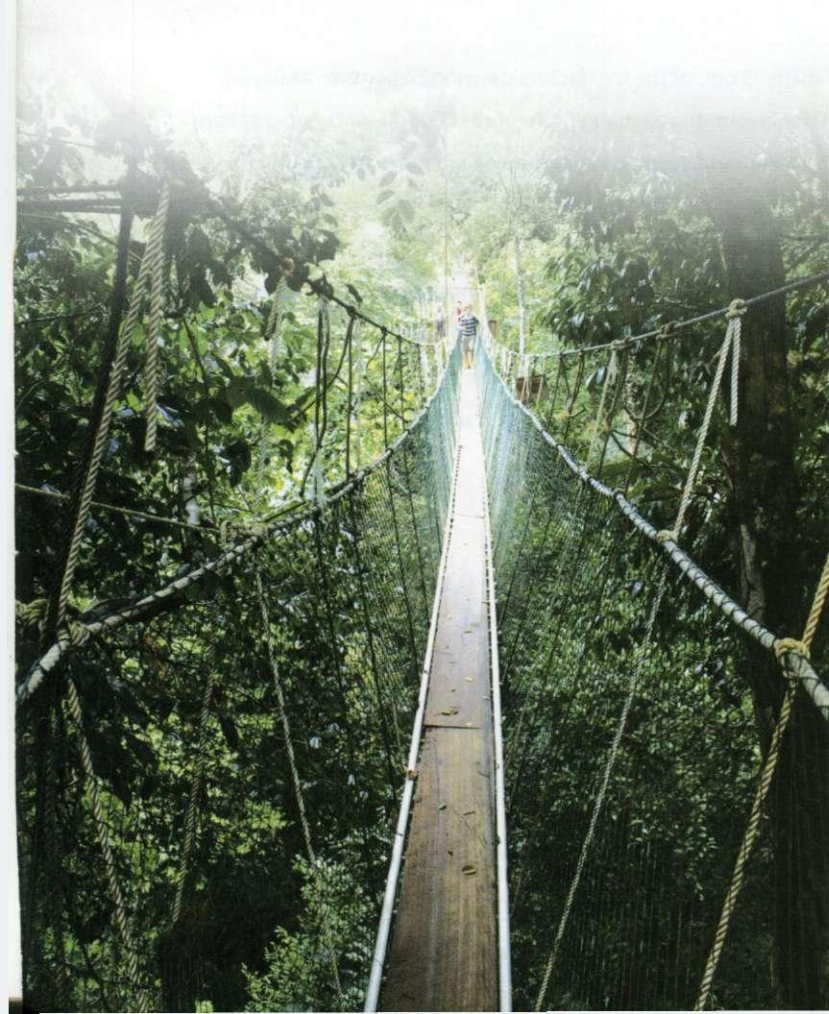


With state-of-the-art medical facilities and highly qualified personnel, Malaysia is well-positioned to cater to the healthcare needs of people from the world over.

The main entry point by sea is Port Klang, about 50km away from the capital. Malaysia is also accessible by road and rail from Thailand and Singapore.

Getting around Malaysia is easy and affordable as Malaysia Airlines and the budget carrier AirAsia operate air services to all major cities within the country. Excellent network of highways make driving around Peninsular Malaysia convenient and fast. Alternatively, you can travel in luxurious air-conditioned buses and taxis. Trains are also an interesting and comfortable way to enjoy the sights.

Malaysia's high standard of healthcare and the many touristic charms make it a perfect place to recuperate and have a memorable holiday. Come and experience it for yourself.





Healthcare in Malaysia

There are many advantages in choosing Malaysia for your private health and medical requirements.

Affordability is one of the key factors drawing patients to Malaysia due to the favourable exchange rate of the Ringgit (RM). Patients can undergo treatment, recuperate and enjoy a holiday in Malaysia for much less than what it would cost them for treatment alone in other countries. This results in healthcare costs in the country being one of the most inexpensive in the region. For example, a normal cardiac bypass surgery in Malaysia can cost between US\$6,500 and US\$9,000 which includes a two to three-day stay in the intensive care unit, up to seven days in the ward including consultation, cardiologist and anesthetic fees.



Malaysia offers a wide choice of state-of-the-art private medical centres boasting an impressive array of sophisticated diagnostic, therapeutic and in-patient facilities. These establishments are well-equipped and staffed to ensure the highest level of professionalism, safety and care to patients. You can be assured of quality services in promoting health, preventing



Affordability is one of the key factors drawing patients to Malaysia due to the favourable exchange rate.

diseases and full treatment and rehabilitation for all patients and their families through the use of advanced medical technology.

Malaysia's private hospitals provide patients with access to highly qualified staff, both medical and administrative. Our medical specialists are well trained with recognised post-graduate qualifications from UK, Australia and USA. Medical professionals possess not just experience in established medical practices, but also knowledge of cutting-edge developments. Most importantly, the medical staff strive to provide a caring and friendly environment vital for a patient's healing and well-being.

In Malaysia, all private medical centres are approved and licensed by the Ministry of Health. Internationally recognised accreditation such as the MS ISO 9002 and the Malaysia Standard Quality of Health (MSQH) certification based on the Australian Healthcare Standards are the reason foreigners and locals alike have placed their confidence in Malaysia's hospitals. Such accreditation is a guarantee of the best in medical service and reliability.





Communication in Malaysia is easy as English-speaking medical staff are on hand to ensure your stay is pleasant.



Malaysian hospitals also possess an edge when it comes to the availability of services. Collectively the network of private hospitals here, offer comprehensive services in virtually all medical disciplines including internal medicine, general surgery, plastic and cosmetic surgery, cardio-thoracic surgery, orthopedic surgery,

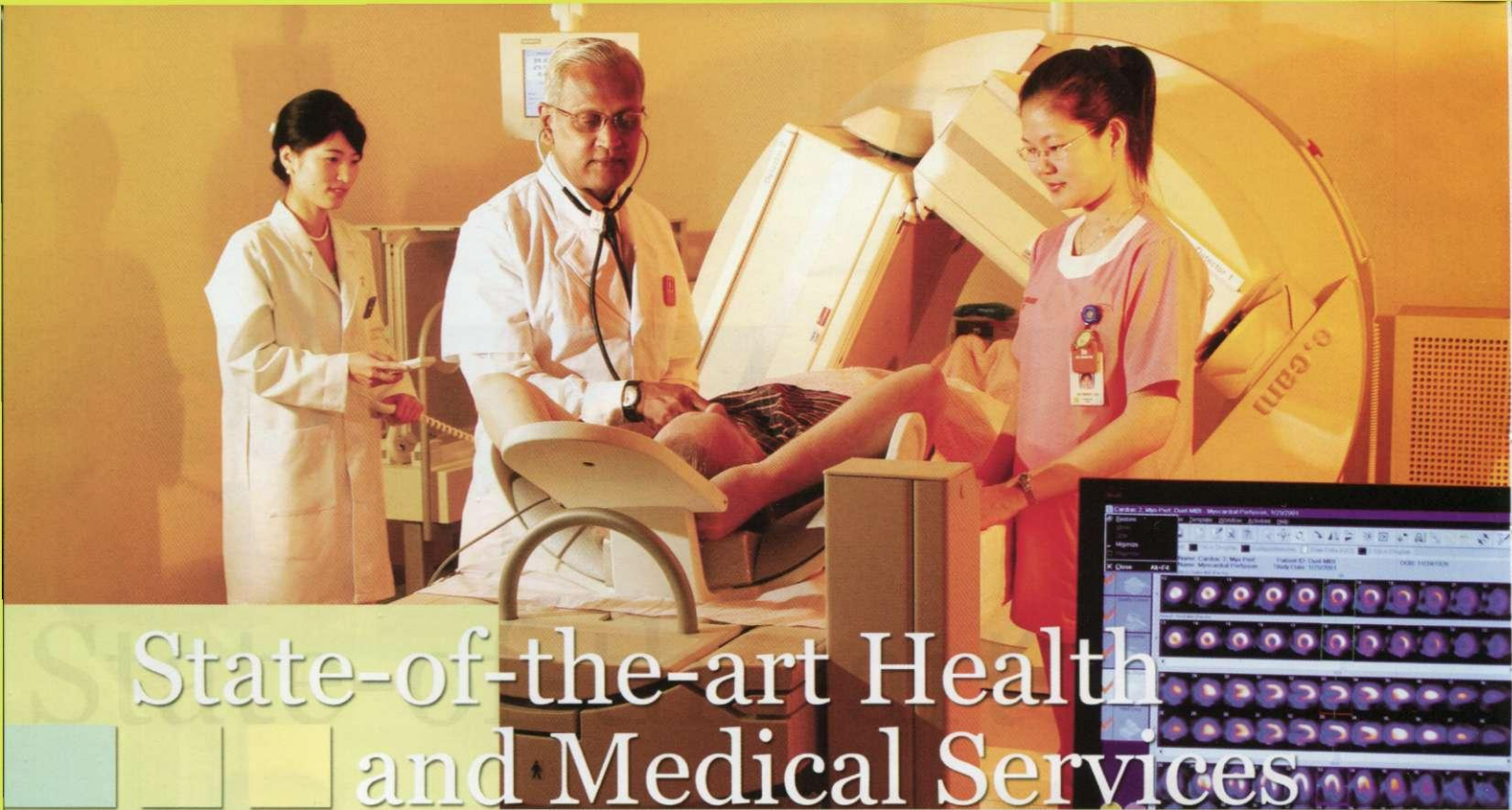


obstetrics and gynaecology, paediatrics, ophthalmology, speech therapy, radiology, cardiology, dentistry, urology and nephrology among others.

Communication in Malaysia is easy as English-speaking medical staff are on hand to ensure your stay is pleasant. The multi-ethnic and multi-lingual support staff come from various religious backgrounds. Therefore religious sensitivities as well as cultural differences are respected throughout these medical centres.

Malaysia also caters to the various needs of those seeking medical treatment by providing accommodation from luxurious suites to single-bedrooms, same-gender doctor, *halal* menus and vegetarian meals, among others.



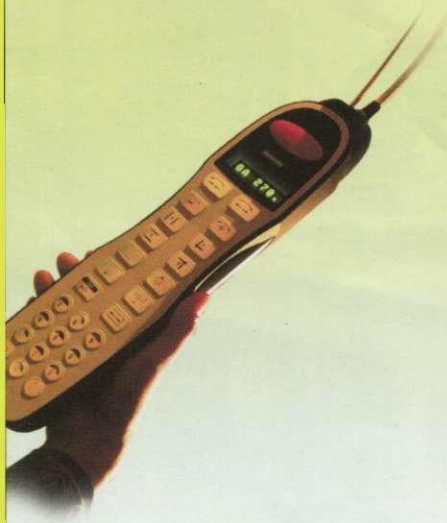


State-of-the-art Health and Medical Services

Some hospitals such as the internationally renowned National Heart Institute and the Tun Hussein Onn National Eye Hospital are focused entirely on the provision of specialised medical services.

Other hospitals provide general healthcare as well as specialised services through in-house specialist centres, such as oncology and cancer centres, geriatric centres, audiological (hearing) centres and cranio-facial surgical clinics. Some hospitals even have traditional and complementary medicine units offering herbal remedies and acupuncture services.

In addition to housing diagnostic and therapeutic facilities, a hospital encompasses an impressive range of other facilities. These include accident and emergency services, ambulance services, intensive care units (ICU) and cardiac care units (CCU), operating theatres, maternity wards, and medical and surgical wards.



Several categories of patient rooms are available in most hospitals depending on one's preference. Room charges inclusive of meals vary between medical centres but remain at an attractive level. A fully computerised hospital information system is also an essential part of modern hospitals in Malaysia. Other amenities include coffee corners



A simple visit to a hospital for a medical screening can reveal valuable information about a person's state of health and help in early detection and prevention of illnesses, if any.

which serve snacks and beverages, gift shops that sell convenience items, florists and ample parking facilities.

Medical Screening Programmes

When it comes to health, prevention is better than cure. A simple visit to a hospital for a medical screening can reveal valuable information about a person's state of health and help in early detection and prevention of illnesses, if any. Hospitals in Malaysia offer a range of packages, depending on one's needs. These tests can be completed in a single visit and the results provided at the end of the visit. A sample of the various packages are listed on page 32.

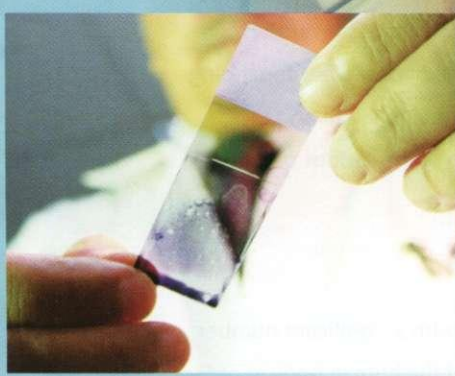
Diagnostic Facilities

There are many types of diagnostic equipment with a significant number designed to enable doctors to view the inside of the human body in order to gather information. These imaging equipment include X-rays, Computerised Tomography Scanner (or better known as CT-Scan), Ultrasound (using sound waves to create images) and Magnetic Resonance Imaging (MRI), which is used frequently for imaging of the brain and spine.





Visit www.malaysiahealthcare.com, a one-stop centre to access all the relevant information on health care in the country. The website enables visitors to plan, arrange and manage their complete treatment and holiday in Malaysia from the comfort of their own homes.



Other diagnostic services include endoscopic services for detection of ulcers and cancers of the gastro-intestinal tract, mammography for imaging of the breast area, ECG tests, coronary angiography, catheterization and echocardiography for the heart and bone mineral densitometry, which can detect osteoporosis and bone disorders. Most or all of these tests from the most complex down to the simplest are analysed using in-house, ISO-certified clinical laboratories.



Therapeutic Facilities

Therapeutic facilities focus on curing or treating a condition:

- Angioplasty – the removal of blockages in the heart
- Cancer therapy including chemotherapy, radiotherapy
- Cosmetic and anti-ageing services
- Dental Services
- Corrective laser eye surgery
- Haemodialysis
- Hip and knee replacement arthroplasty
- Lithotripsy – the blasting of kidney stones using ultrasound waves
- Rehabilitation Centres
- Treatment of erectile dysfunction

Dental Services

Malaysia has a high standard of dental healthcare. Qualified dentists provide treatment at hospitals and clinics with the focus on quality service customised to individual needs. The Malaysian Dental Council is the governing body that assures the provision of quality dental healthcare, including the requirement to strictly adhere to procedures to eliminate cross-infection in all dental clinics. Many dental clinics, including those in hospitals carry out current treatment modalities using modern equipment in a comfortable environment. Besides the basic dental services, other services provided are:

- Orthodontics
- Restorative
- Aesthetic dentistry
- Dental Implants
- Oral & Maxillofacial Surgery





Rest and Relax in Malaysia

Malaysia offers a winning combination of excellent healthcare services and truly relaxing holidays.

Attractive and affordable holiday packages have been developed to assist in the recuperation of patients, offering them and their accompanying family members an enjoyable vacation in Malaysia. Travel agents will be able to aid you in selecting the most suitable hospital for your medical needs besides handling travel documents and making hotel and tour arrangements. A list of these agents is provided on page 30.



Cities like **Kuala Lumpur**, **Melaka** and **Penang** offer a truly comprehensive range of both health and tourism services. Once in cosmopolitan Kuala Lumpur, do not miss the opportunity to visit the Petronas Twin Towers. At 88-storeys high, it looms majestically over the streetscape as a symbol

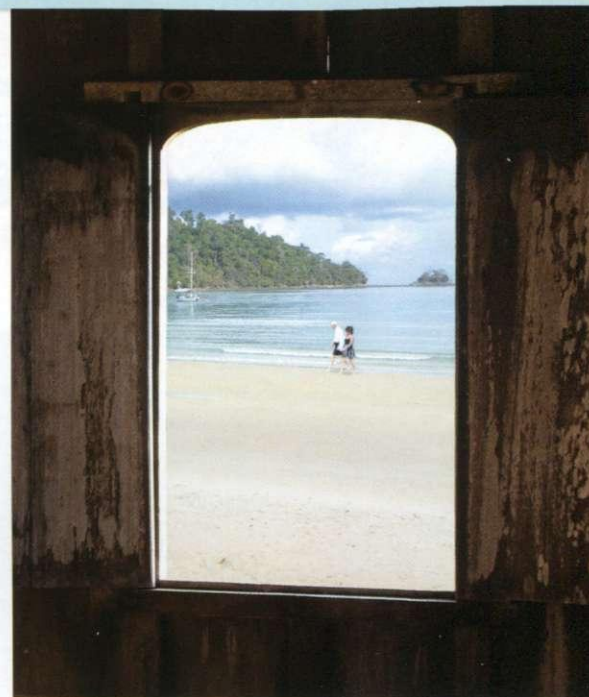


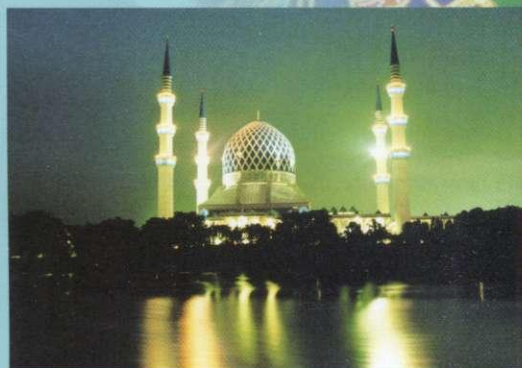
With a host of beautiful sights in the country, Malaysia offers a winning combination of health and leisure services.



of modern KL. Interesting places to sightsee in this capital city include Moorish styled edifices, stately colonial buildings and old shophouses. Relaxing spots include the KL Lake Gardens, the city's premier green lung. For a taste of the local life, visit the night markets or sample scrumptious fare at an open-air food court.

There are several major attractions in the vicinity of Kuala Lumpur and many of these can be visited within a day on organised or self-drive tours. **Putrajaya**, 25km to the south is the nation's new administrative capital. Hailed as an intelligent garden city, it is a model township constructed with detailed planning, innovative urban design and preservation for the environment. A leisurely boat ride on one of the many lakes here is a highly recommended activity.





Selangor is another state with excellent healthcare facilities and a variety of tourist attractions. Highlights of a trip here include the Sultan Salahuddin Abdul Aziz Shah Mosque in Shah Alam, the capital. Commonly referred to as the 'Blue Mosque',



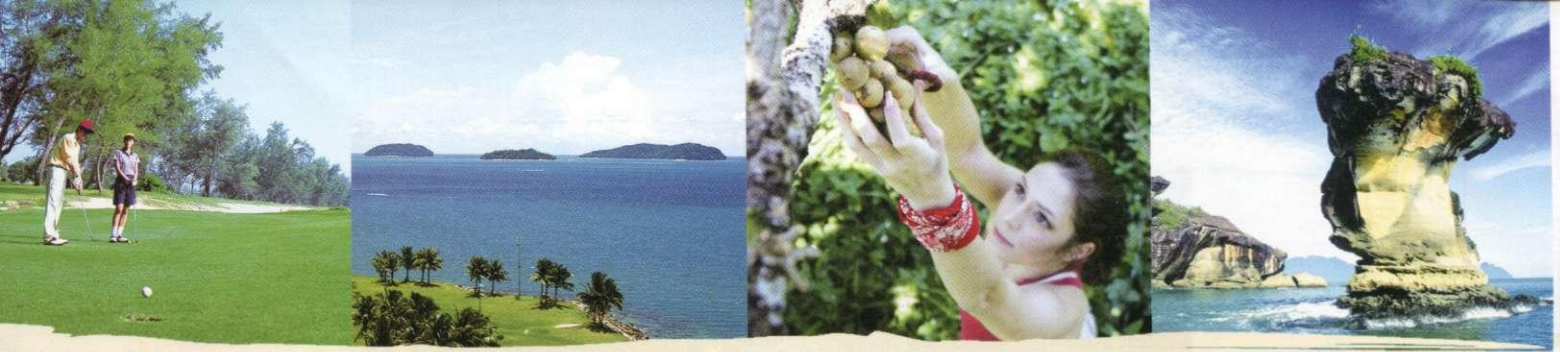
it boasts the tallest minarets in the world. Shopping is a delight in Selangor. From high-end couture to ethnic handicrafts and the internationally-acclaimed pewterware, Selangor has it all.

Other day trips which can be made from Kuala Lumpur include the cool hill resorts of Genting Highlands, Fraser's Hill and the French-themed Colmar Tropicale at Bukit Tinggi. Perfect for a family retreat, Genting Highlands, dubbed the City of Entertainment, offers indoor and outdoor theme parks, hotels, and an 18-hole golf course and casino.

Melaka is one of the most popular tourist destinations in the country due to its historical significance. Dubbed the Venice of the East during its heyday, it was the centre of the spice trade in the region. The influences of the Portuguese, Dutch and British are reflected in historical sights such as the Stadthuys, Christ Church and the A'Famosa fortress built in 1511. Jonker Street (Jalan Hang Jebat) is home to antique stores, galleries and souvenir shops.

Penang has long been a favourite destination for travellers to Malaysia. It offers a wide range of medical facilities as well as relaxing beach resorts, good food and warm hospitality. Take the unique funicular train up Penang Hill, to enjoy spectacular vistas of the island amidst cool surroundings. Experience the novelty of riding on a trishaw while taking in the colourful sights of Georgetown at a leisurely pace.





Johor, the southern gateway to Peninsular Malaysia, is a leading healthcare provider. Overlooking neighbouring Singapore, the state has well-equipped medical centres and exciting tourist spots. Golfing is a sheer delight for enthusiasts as there are over 30 championship courses here. Join a tour of fruit farms and plantations or laze by the popular beach resort of Desaru. Johor's beautiful offshore islands in the South China Sea are the perfect holiday getaway.

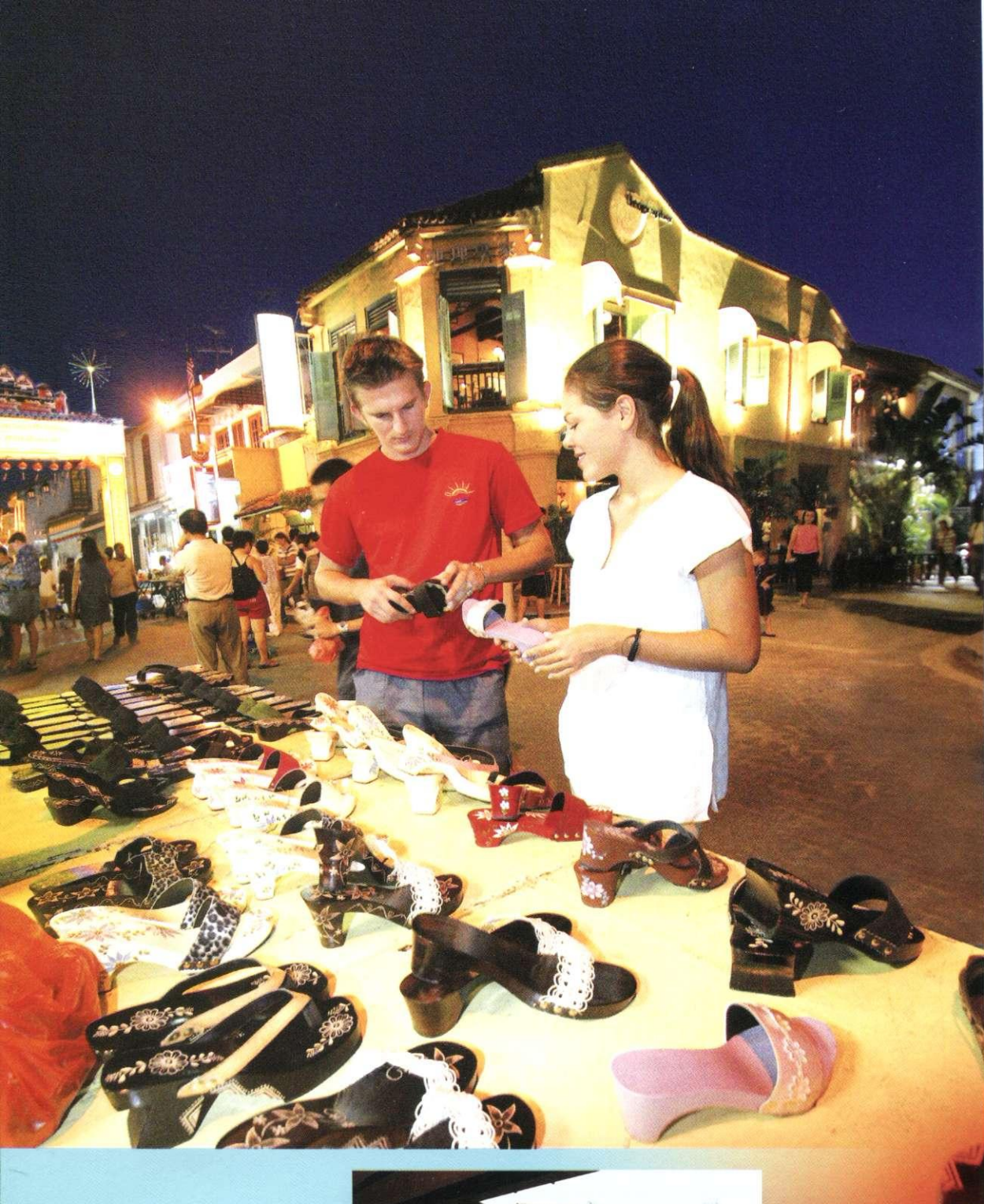
Private medical centres in **Sabah** and **Sarawak** are renowned for their high standard healthcare. These states in Borneo are exotic destinations waiting to be discovered by nature-lovers. Among its major attractions are national parks, wildlife sanctuaries and its customs and traditions of various ethnic communities.

For pure relaxation, visit the many beautiful island resorts in the country. Bask in the sun beneath swaying palms and let the tranquil surroundings sooth your senses.

A host of top international island resorts await. From Langkawi to Pangkor on the west coast, to the pristine east coast gems of Perhentian, Redang and Tioman. In Sabah, the five islands of the Tunku Abdul Rahman Park are ideal for snorkelling while a beach holiday at Damai in Sarawak provides the opportunity to visit the nearby award-winning Sarawak Cultural Village.



The states of Sabah and Sarawak in Borneo are exotic destinations waiting to be discovered by nature-lovers.





For avid shoppers, Malaysia is a paradise. An endless range of products can be found at one-stop shopping malls, open-air night markets, supermarkets and street stalls. Hunt for the best bargains at the annual Mega Sale Carnival.

Eating out in Malaysia is a truly gastronomic adventure. It offers everything from aromatic Malay dishes to piping hot Chinese delicacies and spicy Indian fare. Fine restaurants serve a wide range of international cuisine including Middle Eastern, German, Thai, Vietnamese, Mexican, French, Japanese and Italian. Vegetarian food can be found in major cities serving either Chinese or Indian style dishes.

Kuala Lumpur and the main towns in each state have international-class hotels ranging from modest two-star to luxury five-star properties. Long-staying guests may opt to stay in fully-furnished serviced apartments situated in major cities in the country.

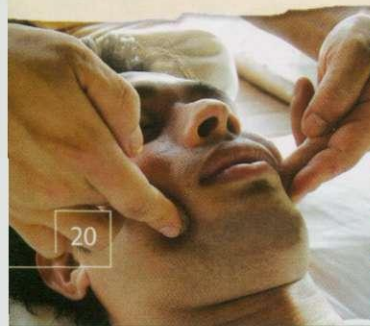




Treatments and Therapies

The fine range of spas in Malaysia provide the ideal setting for complete rejuvenation and relaxation.

Malaysia, with its diversity of cultures and vast abundance of natural resources, provides the backdrop for health rituals that are amongst the oldest in the world. The abundance of Malay, Chinese and Indian health practices make this the ideal setting for complete rejuvenation. A large number of spas in the country also offer Balinese and Thai treatments for the convenience of guests.

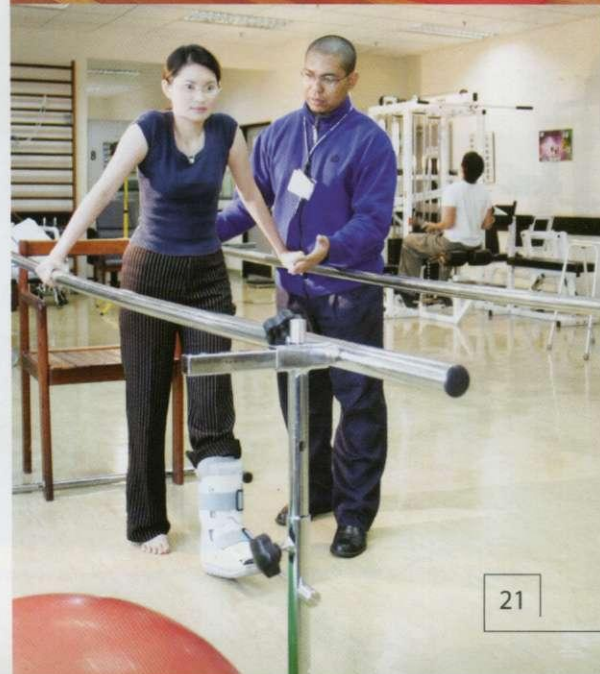
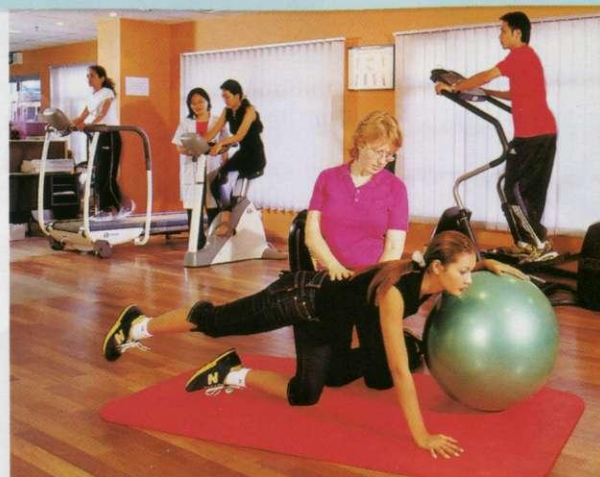


Experience a traditional Malay body massage, herbal baths, facials and a host of other treatments, all based on ancient healing rituals and health disciplines. Malay herbal treatments use a combination of various indigenous herbs and plants which contain natural vitamins, minerals and curative properties.



Malaysia, with its diversity of cultures and vast abundance of natural resources, provides the backdrop for health rituals that are amongst the oldest in the world.

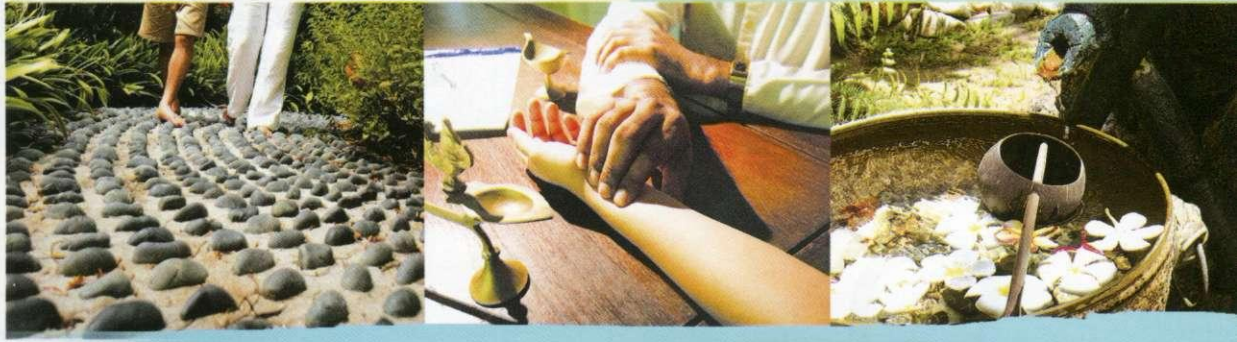
Indulge in luxuries such as traditional crème bath hair treatments which employ the use of coconut milk, aloe vera and crushed hibiscus leaves, among others. Be enlightened by the *jamu* experience where medicinal plants and local herbs such as turmeric are mixed with natural sweeteners like honey or palm sugar and consumed for its detoxifying and health enhancing properties. These *jamu* preparations both in tonic and pellet forms have long been consumed in Malaysia and Indonesia as the ingredients are freshly prepared and contain no chemical additives.





*Some spas boast authentic Malay
kampung-like architecture,
practise only traditional Malay
spa treatments and make their
own fresh ingredients and oils.*

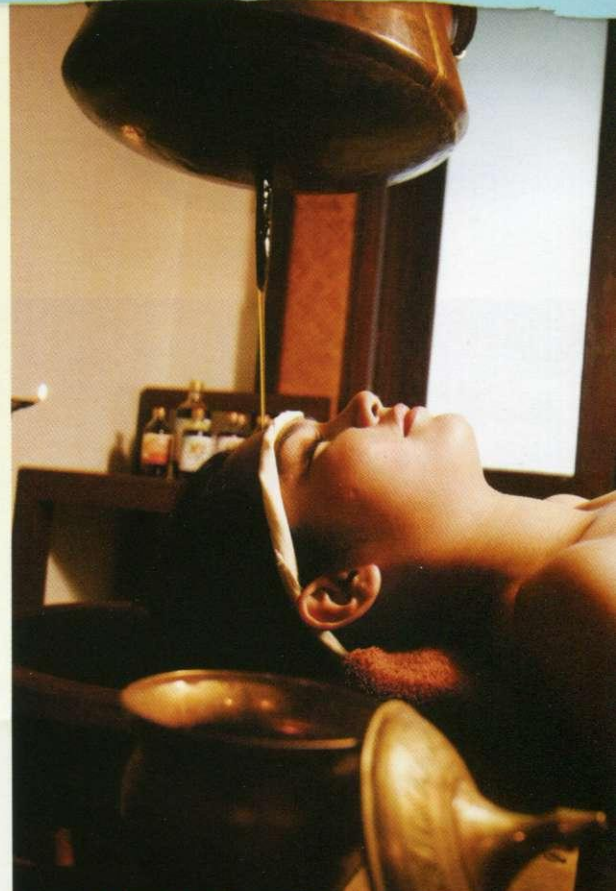




Ayurveda is believed to be the oldest system of medicine on earth, originating from India some 5,000 years ago. Ayurvedic medicine and treatments have also found its way into spas in Asia. While most hotel-based spas might offer just an Ayurvedic massage, in Malaysia there are a few establishments that provide a greater range of Ayurvedic treatments.

From the Orient, the practice of acupressure is coming back in style with spas around Malaysia offering treatments such as foot reflexology and the Japanese shiatsu massage.

Most spa operators in Malaysia tie in with hotels or resorts. Malaysia is home to world-renowned spas such as the Spa Village in Pangkor Laut Resort and Mandara Spa in Langkawi and Cherating, where you can be pampered like royalty. Some spas boast authentic Malay *kampung*-like architecture, practise only traditional Malay spa treatments and make their own fresh ingredients and oils. There are also independent spa establishments mostly in the urban areas, that are located in major shopping centres.

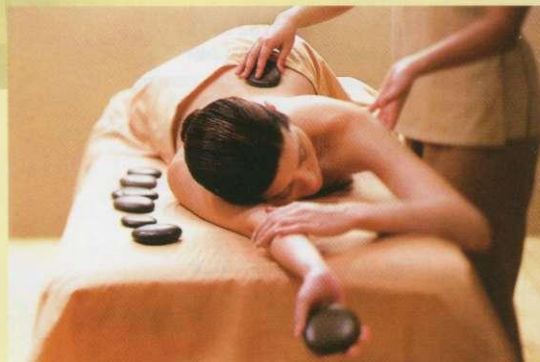




Enjoy stress-relieving body massages using oil made with local herbs or try out an invigorating body scrub. Bathe in warm herbal floral water while enjoying a soothing cup of ginger tea. Give your hair a special treat of freshly prepared herbal and fruit shampoo and conditioner. Get yourself a manicure or a pedicure. If all you need is a foot massage, then you needn't only head to a spa. There are many foot reflexology outlets within shopping malls mainly in city centres such as Kuala Lumpur and Johor Bahru. These places offer the perfect respite after a day of shopping and sightseeing. Foot reflexology is believed to have many healthy and therapeutic benefits such as relieving stress and stiff necks, whilst improving your blood circulation and hormonal balance.

In addition to these popular spa attractions, Malaysia is home to many natural health spots. Hot pools and cold springs are found in forest clearings amidst flower gardens in places like Poring Hot Springs in Sabah. A dip in the curative waters here and other places such as Tambun Hot Springs, Pedas Hot Springs and Kulim Hot Springs in the peninsula are said to leave visitors feeling refreshed and rejuvenated.





Malaysia is home to world-renowned spas such as the Spa Village in Pangkor Laut Resort and Mandara Spa in Langkawi and Cherating, where you can be pampered like royalty.

Listing of Hospitals, Spas and Travel Agents



Member Hospitals

Kuala Lumpur

Sentosa Medical Centre Sdn Bhd

No. 36 Jalan Chemur, Damai Complex,
50400 Kuala Lumpur.

Tel. No. : 603-4043 7166

Fax. No. : 603-4043 7761

Website : www.sentosa.com.my

Tung Shin Hospital

No. 102, Jalan Pudu,
55100 Kuala Lumpur.

Tel. No. : 603-2072 4367

Fax. No. : 603-2070 0345

Website : www.tungshinhospital.com.my

Pantai Medical Centre

No. 8, Jalan Bukit Pantai,
59100 Kuala Lumpur.

Tel. No. : 603-2296 0888

Fax. No. : 603-2284 9446

Website : www.pantai.com.my

Pusat Pakar Tawakal Sdn. Bhd.

No. 202A, Jalan Pahang,
53000 Kuala Lumpur.

Tel. No. : 603-4023 3599

Fax. No. : 603-4022 8063

Website : www.tawakal.com.my

Taman Desa Medical Centre

No. 45 Jalan Desa, Taman Desa,
Off Jalan Kelang Lama,
58100 Kuala Lumpur.

Tel. No. : 603-7982 6500 / 7982 0703

Fax. No. : 603-7982 0705 / 7625 8652

Website : www.TDMC.com.my

Gleneagles Intan Medical Centre

No. 282-286, Jalan Ampang,
50450 Kuala Lumpur.

Tel. No. : 603-4255 2888 / 2752 / 2887

Fax. No. : 603-42579233

Website : www.gimc.com.my

Institut Jantung Negara Sdn Bhd

No. 145, Jalan Tun Razak,
50400 Kuala Lumpur.

Tel. No. : 603-2698 1333 / 2617 8459

Fax. No. : 603-2698 2824 / 2694 0575

Website : www.ijn.com.my

Dental Pro

No. 8, Lengkok Abdullah, Bangsar Utama,
59000 Kuala Lumpur.

Tel. No. : 603-2287 3333

Fax. No. : 603-2287 9999

Website : www.dentalpro.org

Selangor

Assunta Hospital

Jalan Templer,
46990 Petaling Jaya,
Selangor.

Tel. No. : 603-7782 3433

Fax. No. : 603-7784 1749

Website : www.assunta.com.my

Tun Hussein Onn National (Eye Hospital)

P.O. Box 514, Jalan Sultan,
P.O. 46760 Petaling Jaya, Selangor.
(No.2, Lorong Utama B, 46200 PJ)

Tel. No. : 603-7956 1511

Fax. No. : 603-7957 6128

Website : www.get.to/thoneh

Subang Jaya Medical Centre

No. 1, Jalan SS12/1A, 47500 Subang Jaya,
Selangor.

Tel. No. : 603-5634 1212

Fax. No. : 603-5633 5910

Website : www.simenet.com/sjmc

Ampang Puteri Specialist Hospital

No. 1, Jalan Mamanda 9,
Taman Dato Ahmad Razali,
68000 Ampang, Selangor.

Tel. No. : 603-4270 2500

Fax. No. : 603-4270 2443

Website : www.ampangputeri.com.my

Damansara Specialist Hospital

No. 119, Jalan SS20/10,
Damansara Utama,
47400 Petaling Jaya,
Selangor.

Tel. No. : 603-7722 2692 / 7722 2962 /
7722 2598

Fax. No. : 603-7722 2617

Website : www.dsh-kpj.com.my

Selangor Medical Centre

Lot 1, Jalan Singa 20/1,
Section 20, 40300 Shah Alam,
Selangor.

Tel. No. : 603-5543 1111 / 5540 3301

Fax. No. : 603-5543 1722 / 5543 2222

Sunway Medical Centre

No.5, Jalan Lagoon Selatan,
Bandar Sunway,
46150 Petaling Jaya,
Selangor.

Tel. No. : 603-7491 9191

Fax. No. : 603-7491 8181

Website : www.sunway.com.my

Damansara Fertility Centre

No. 55, Jalan SS21/56B, Damansara Utama,
47400 Petaling Jaya,
Selangor.

Tel. No. : 603-7729 3199

Fax. No. : 603-7727 8066

Website : www.damansarafertility.com

Johor

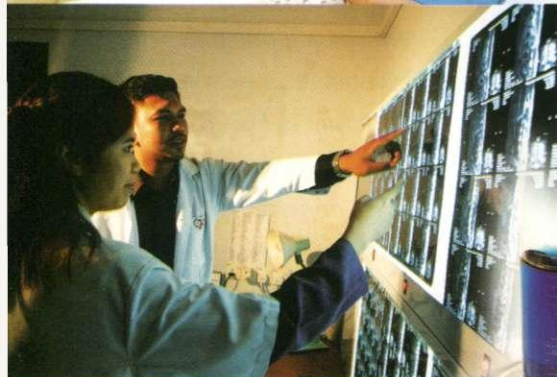
Johor Specialist Hospital

No. 39-B, Jalan Abdul Samad,
80100 Johor Bahru, Johor.

Tel. No. : 607-223 7811

Fax. No. : 607-224 8213

Website : www.jsh.kpj.com.my



Kedah

Metro Specialist Hospital

No. 1, Lorong Metro,
08000 Sungai Petani, Kedah.
Tel. No. : 604-425 1139 / 423 8888
Fax. No. : 604-425 1139 / 423 4848
Website : www.hospitalmetro.com

Melaka

Hospital Pantai Ayer Keroh

No. 2418-1, KM8, Lebuhraya Ayer Keroh,
75450 Melaka.
Tel. No. : 606-231 9999
Fax. No. : 606-231 3299
Website : www.pantai.com.my

Mahkota Medical Centre

No. 3, Mahkota Melaka,
Jalan Merdeka,
75000 Melaka.
Tel. No. : 606-281 3333 / 284 8222
Fax. No. : 606-281 0560
Website : www.mahkotamedical.com.my

The Southern Hospital

No. 169, Jalan Bendahara,
75100 Melaka.
Tel. No. : 606-283 5888
Fax. No. : 606-281 0518
Website : www.melaka.gov.my/southernhospital

Negeri Sembilan

Columbia Asia Medical Centre

No. 292, Jalan Haruan 2,
Oakland Commercial Park,
70300 Seremban, Negeri Sembilan.
Tel. No. : 606-601 1988
Fax. No. : 606-601 1848
Website : www.columbiaasia.com

NCI Cancer Hospital

PT 13717, Jalan BBN 2/1, 71800 Nilai,
Negeri Sembilan
Tel. No. : 606-850 0999
Fax. No. : 606-850 0733
Website : www.nci.com.my

Seremban Specialist Hospital

Lot 6219 & 6220, Jalan Toman 1,
Kemayan Square, 70200 Seremban,
Negeri Sembilan.
Tel. No. : 606-767 7800
Fax. No. : 606-767 5900
Website : www.ssh.kpj.com.my

Penang

Penang Adventist Hospital

No. 465, Burmah Road,
10350 Pulau Pinang.
Tel. No. : 604-226 1133
Fax. No. : 604-226 3366
Website : www.adventisthospital.com.my

Mount Miriam Hospital

No. 23, Jalan Bulan, Fettes Park,
Tanjong Bunga,
11200 Pulau Pinang.
Tel. No. : 604-890 7044
Fax. No. : 604-890 1583

Gleneagles Medical Centre

No. 1, Jalan Pangkor, 10050 Pulau Pinang.
Tel. No. : 604-227 6111
Fax. No. : 604-226 2994
Website : www.gleneagles-penang.com

Loh Guan Lye Specialists Centre

No. 19, Jalan Logan, 10400 Pulau Pinang.
Tel. No. : 604-228 8501 / 228 8902 /
221 4624
Fax. No. : 604-228 0287 / 229 0287 /
229 3092
Website : www.lohguanlye.com

Lam Wah Ee Hospital

Jalan Tan Sri Teh Ewe Lim,
11600, Pulau Pinang.
Tel. No. : 604-657 1888
Fax. No. : 604-657 0940
Website : www.hlwe.com.my

Island Hospital

No. 308, Macalister Road,
10450 Pulau Pinang.
Tel. No. : 604-228 8222
Fax. No. : 604-226 7989
Website : www.islandhospital.com

Hospital Pantai Mutiara

82 Jalan Tengah, 11900 Bayan Baru,
Pulau Pinang.
Tel. No. : 604-643 3888
Fax. No. : 604-643 2888
Website : www.pantai.com.my

Perak

Hospital Fatimah

No. 1, Leboh Chew Peng Loon,
Ipoh Garden, 31400 Ipoh,
Perak.
Tel. No. : 605-545 5777
Fax. No. : 605-547 7050
Website : www.hospfatimah.com.my

Ipoh Specialist Hospital

No. 26, Jalan Raja Dihilir,
30350 Ipoh, Perak.
Tel. No. : 605-251 8777 / 241 8350
Fax. No. : 605-254 1388
Website : www.kpj.com.my

Hospital Pantai Putri

No. 126, Jln. Tambun,
31400 Ipoh, Perak.
Tel. No. : 605-548 4333
Fax. No. : 605-545 1163
Website : www.pantai.com.my

Sabah

Sabah Medical Centre

Kingfisher Park, Kuala Inanam,
P.O.Box 13393, 88838 Kota Kinabalu,
Sabah.
Tel. No. : 6088-424 333
Fax. No. : 6088-424 334 / 424 340
Website : www.sabah.org.my/smc

Sarawak

Normah Medical Specialist Centre

Lot 937, Section 30 KTLD,
Jalan Tun Abdul Rahman, Petra Jaya,
93050 Kuching, Sarawak.
Tel. No. : 6082-440 055
Fax. No. : 6082-442 600
Website : www.normah.com

Timberland Medical Centre

No. 2 1/2, Mile Rock Road,
Taman Timberland,
93250 Kuching, Sarawak.
Tel. No. : 6082-234 466
Fax. No. : 6082-232 259

Diagnostic Centre

HeartScan (Malaysia) Sdn Bhd

No. 107 & 109 Jalan Maarof,
Bangsar 59000,
Kuala Lumpur.
Tel. No. : 603-2287 0988
Fax. No. : 603-2287 0968
Website : www.heartscan.com.my

** List provided by Association of Private Hospitals of Malaysia (APHM).*



Spas

Kuala Lumpur

Angsana Spa

Level 5, Crowne Plaza Mutiara
Jalan Sultan Ismail
50250 Kuala Lumpur
Tel: 603-2141 4321
Fax: 603-2141 1321
E-mail: weiwei.tan@angsana.com

Energy Day Spa Ampang

Lot 4, Level 4, Great Eastern Mall
303, Jalan Ampang
50450 Kuala Lumpur
Tel: 603-4256 8833
Fax: 603-4256 8830
E-mail: drs@energymindbodyspirit.com

Energy Day Spa Mont Kiara

Level 1, Damai Sari, Mont Kiara Damai
No. 3, Jalan Kiara 2
50480 Kuala Lumpur
Tel: 603-6201 7833
Fax: 603-6201 5833
E-mail: ayu@energymindbodyspirit.com

Ozmosis Spa

No. 14 & 16, Jalan Telawi Dua
Bangsar Baru, Kuala Lumpur
Tel: 603-2287 0380
Fax: 603-2287 6318
Email: mel@gastrodome.com.my

Samsara Spa

Swiss Garden Hotel
3rd Floor 117 Jalan Pudu
55100 Kuala Lumpur
Tel: 603-2141 3333 ext 129
Fax: 603-2141 5555
E-mail: samsaraspa@swissgarden.com

Spa Indrani

No. S 27 and S 20 Pamper Level
Starhill Gallery
181 Jalan Bukit Bintang
55100 Kuala Lumpur
Tel: 603-2782 3868
Fax: 603-2782 3867
E-mail: spaindrani@gmail.com

Spa Village Kuala Lumpur

The Residences at The Ritz-Carlton, KL
4th Floor, 168 Jalan Imbi
55100 Kuala Lumpur
Tel: 603-2782 9090
Fax: 603-2782 9099
E-mail: clp@ttlhotels.com.my

The Sompoton Spa

Hotel Istana
Level 1B, East Wing,
73 Jalan Raja Chulan
55100 Kuala Lumpur
Tel: 603-2148 8910
603-2141 9988 ext 3129
Email: enquiries@thesompotonspa.com
Website: www.thesompotonspa.com

The Sompoton Spa

Lanson Place Residences
No. 1, Jalan Ampang Hilir
55000 Kuala Lumpur
Tel: 603-4260 1910
603-4253 2888
Email: enquiries@thesompotonspa.com
Website: www.thesompotonspa.com

Selangor

Andana Spa

Holiday Inn Glenmarie – Shah Alam
No. 1, Jalan Usahawan U1/8
Seksyen U1, 40250 Shah Alam Selangor
Tel: 603-7803 2328
Fax: 603-7803 6818
E-mail: jimmy@spa.com.my

Mandara Spa

33-4, 4th Floor, Block H
Jalan PJU 1/37
Dataran Prima
47301 Petaling Jaya
Selangor
Tel: 603-7880 6588
Fax: 603-7880 9588
E-mail: kimw@mandaraspa.com



Sembunyi Spa
Cyberview Lodge Resort
Persiaran Multimedia
63000 Cyberjaya
Selangor
Tel: 603-8312 7338
Fax: 603-8312 7001
E-mail: shaheen@cyberview-lodge.com.my

Tanamera Pampering Centre
No. 5, Jalan TPP 5/11
Seksyen 5, Taman Perindustrian Puchong
Selangor
Tel: 603-5633 2180 / 8068 4978
Fax: 603-8068 4980
E-mail: fafvis@tm.net.my

Putrajaya

Shangri-la Health Club & Spa
3rd Floor, Shangri-la Putrajaya
Taman Putra Perdana
Presint 1
62000 Putrajaya
Tel: 603-8887 8862
Fax: 603-8887 8889
E-mail: constance.yeoh@shangri-la.com

Melaka

Biossential Puri Spa
118 Jalan Tun Tan Cheng Lock
75200 Melaka
Tel: 606-282 5588
Fax: 606-281 5588
E-mail: info@biossentials.com

Pahang (Genting Highlands)

Mspa & Fitness
Lobby Floor
Genting Hotel
69000 Genting Highlands
Pahang
Tel: 603-6105 2692
Fax: 603-6105 2347
E-mail: rajakumar.karuppiyah@genting.com.my

Perak

Innerpeace Sense Spa
3rd & 4th Level
Syuen Hotel
No. 88 Jalan Sultan Abdul Jalil
30300 Ipoh, Perak
Tel: 605-253 8889 ext 8243
Fax: 605-255 9580
E-mail: lim.alyssa@gmail.com

Listing by Spa Association of Malaysia (2007).





Travel Agents

Asia Experience Tours Sdn Bhd

No. 17-2, 17th Floor,
Wisma UOA II,
21 Jln. Pinang,
50450 Kuala Lumpur.

Tel. No. : 603-2731 9988 / 2731 9955
Fax. No. : 603-2731 9900
E-mail : tours@asia-experience.com

Asian Overland Service Tours & Travel Sdn Bhd

Head Office,
No. 39C & 40C, Jalan Mamanda 9,
Ampang Point, 68000 Ampang,
Kuala Lumpur.

Tel. No. : 603-4252 9100 / 4251 9840
Fax. No. : 603-4252 9800 / 4251 4001
E-mail : aos@asianoverland.com.my
Website : www.asianoverland.com.my

Empriana Holidays Sdn Bhd

Business Suite,
19A-17-2,
17th Floor, UOA Centre,
Jalan Pinang,
50450 Kuala Lumpur.

Tel. No. : 603-2166 5992
Fax. No. : 603-2166 5993
E-mail : empriana@tm.net.my

Ken-Air Leisure Sdn Bhd

Head Office,
Metro Building,
No. 215A, Tingkat 1, Jalan Negara 2,
Taman Melawati,
53100 Kuala Lumpur.

Tel. No. : 603-4107 7730
Fax. No. : 603-4107 2014
E-mail : damian@kenair.com.my
Website : www.kenair.com.my

Mayflower Acme Tours Sdn Bhd

Head Office,
No. 18, Jalan Segambut Pusat,
51200 Kuala Lumpur.

Tel. No. : 603-6252 1888
Fax. No. : 603-6252 8050
E-mail : t.h.chin@mayflower.com.my
Website : www.mayflower.com.my

Melaka City Tours & Travel Sdn Bhd

G4A, Block Annexe, No.169,
Jalan Bendahara,
75100 Melaka.

Tel. No. : 606-284 4642
Fax. No. : 606-284 1550
E-mail : mk2mctt@streamyx.com

Mitra Malaysia Sdn Bhd

Lot CA 105, 4th Floor,
City Square Centre,
182, Jalan Tun Razak,
50400 Kuala Lumpur.

Tel. No. : 603-2163 2133 / 2161 1311
Fax. No. : 603-2161 3630 / 2163 1476
E-mail : john.tan@mitra.com.my
Website : www.mitra.com.my

Musa Travel & Tours Sdn Bhd

No. 12A, Jalan Wau C 11/C,
Section 11,
40100 Shah Alam.

Tel. No. : 603-5513 5705 / 5513 5706 /
5510 3033
Fax. No. : 603-5510 3033
E-mail : musa46@streamyx.com

M-Vision Travel Sdn Bhd

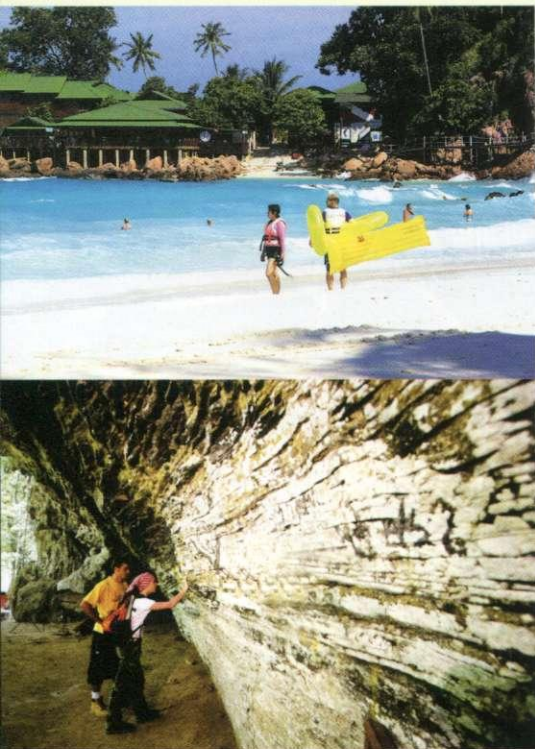
No. 1K, 1st Floor,
Holiday Villa Service Apartment,
225, Jalan Ampang,
50450 Kuala Lumpur.

Tel. No. : 603-2171 2055
Fax. No. : 603-2166 3720
E-mail : mvision@mvision.com.my
Website : www.mvision.com.my

Natline Travels International (M) Sdn Bhd

1st Floor,
Quality Hotel City Centre,
Jalan Raja Laut,
50350 Kuala Lumpur.

Tel. No. : 603-2697 8001 / 2697 8002
Fax. No. : 603-2697 8003
E-mail : inbound@natlinetravels.com



Parlo Tours Sdn Bhd

Head Office,
No. 76, Ground Floor,
Jalan Kampung Attap,
50460 Kuala Lumpur.

Tel. No. : 603-2274 7877
Fax. No. : 603-2274 7878
E-mail : outbound@parlotours.com.my
Website : www.parlotours.com.my

Permai Travel & Tours Sdn Bhd

Grd. Floor, Annexe Block,
Menara Tun Razak,
Jalan Raja Laut,
50350 Kuala Lumpur.

Tel. No. : 603-2693 4566
Fax. No. : 603-2693 4567
E-mail: director@permaitravel.com

QM Worldwide Holidays Sdn Bhd

Suite 1, 4th Floor,
No. E2/3A, Block E,
Dataran Palma off Jalan Ampang,
68000 Ampang.

Tel. No. : 603-4270 7485
Fax. No. : 603-4270 7486
E-mail : gttt@tm.net.my

Reliance Sightseeing Sdn Bhd

Block A, Unit A-9-3,
Megan Phileo Avenue,
12, Jln Yap Kwan Sing,
50450 Kuala Lumpur.

Tel. No. : 603-2162 8181
Fax. No. : 603-2711 8213
E-mail : rsbbul@rpb.com.my

Skyzone Tours & Travel Sdn Bhd

Lot 3.08, 3rd Floor,
Wisma Shaw Parade,
Changkat Thambi Dollah,
55100 Kuala Lumpur.

Tel. No. : 603-2142 9288
Fax. No. : 603-2142 6228
E-mail : stthq@skyzonetours.com
Website: www.skyzonetours.com

SRT Travel & Tours

No. 23, Jalan SS5B/4,
Kelana Jaya,
47301 Petaling Jaya.

Tel. No. : 603-7874 0825
Fax. No. : 603-7874 0108
E-mail : srt17@pc.jaring.my
Website : www.srttravel.net

Sunway Travel Sdn Bhd

@ The Link
Sunway Lagoon Resort Hotel,
Persiaran Lagoon, Bandar Sunway,
46150 Petaling Jaya.

Tel. No. : 603-5632 5622
Fax. No. : 603-5632 4781
E-mail : sunwayt@sunway.com.my
Website : www.sunway.com.my

Travcheq Travel Sdn Bhd

1st Floor, Wisma Hing,
76-1 Jalan SS2/72,
47300 Petaling Jaya.

Tel. No. : 603-7955 9953
Fax. No. : 603-7955 9952
E-mail : travcheq@time.net.my

World Express (M) Sdn Bhd

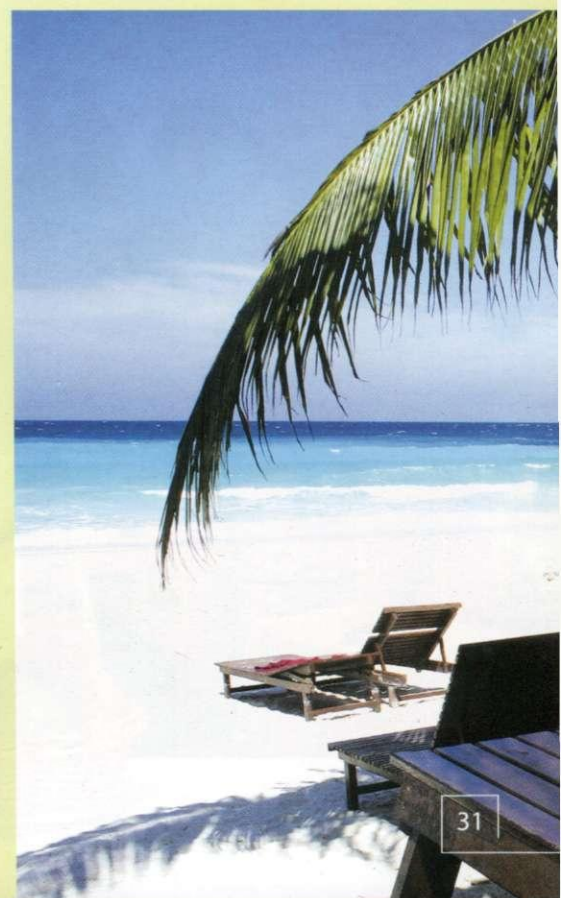
2.8 Bangunan Angkasa Raya,
Jalan Ampang,
50450 Kuala Lumpur.

Tel. No. : 603-2148 9601 / 2148 5412
Fax. No. : 603-2142 1129
E-mail: wxpkul@worldexpresstours.com.my
Website: www.worldexpresstours.com.my

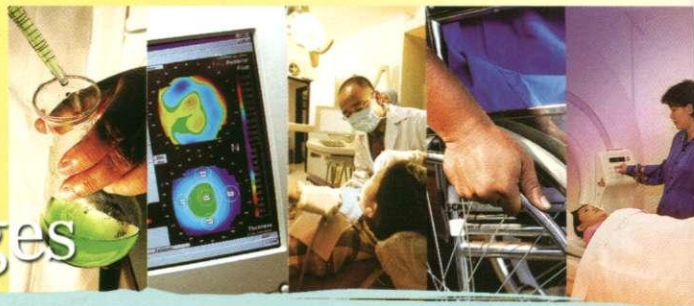
YHA Travel & Tours (M) Sdn Bhd

Unit A15-3, Jalan Selaman 1/1,
Dataran Palma,
68000 Ampang.

Tel. No. : 603-4270 1522
Fax. No. : 603-4270 5217
E-mail : info@yhatravels.com
Website : www.yhatravels.com



Sample Packages



Hospitals in Malaysia offer a range of health screening packages. Frequently these tests can be completed in one visit and the results provided at the end of the visit. A routine health screening examination may uncover various illnesses which would otherwise only surface in an advanced stage. These tests will assess how the body is coping with stress, detect signs of heart disease and advise on necessary lifestyle changes. A sample of the various tests offered under each package is included below:

Basic Health Screening

- Consultation by medical officer
- Full medical examination
- Chest X-Ray
- Electrocardiogram (ECG)
- Eye Test
- Comprehensive blood profile
- Lung Function Test
- Medical report and counselling

**Price: From US\$ 120*

Well Woman Package

- Specialist Consultation by O&G Consultant
- Full Physical Examination
- Chest X-Ray
- Electrocardiogram (ECG)
- Eye Test
- Urine FEME
- Comprehensive blood profile
- Lung Function Test
- Stress Test (treadmill)

PLUS

- Breast Examination
- Pap Smear
- Mammogram
- Medical report and counselling

**Price: From US\$ 303*



Well Man Package

- Special consultation by Consultant
- Physician / Cardiologist
- Full medical examination
- Chest X-ray
- Electrocardiogram (ECG)
- Eye Test
- Urine FEME
- Comprehensive blood profile
- Lung Function Test
- Stress Test (treadmill)

PLUS

- Blood Test for PSA
- Ultrasound for prostate, liver, gall bladder, pancreas and kidney
- Medical report and counseling

**Price: From US\$ 303*

Health Vacation Package

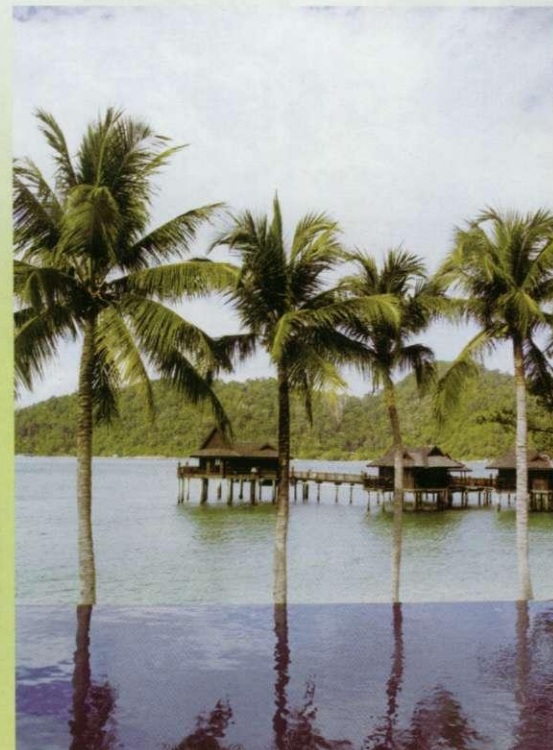
**Price: From US\$ 386 per single room at a 4-star hotel*

Inclusive of:

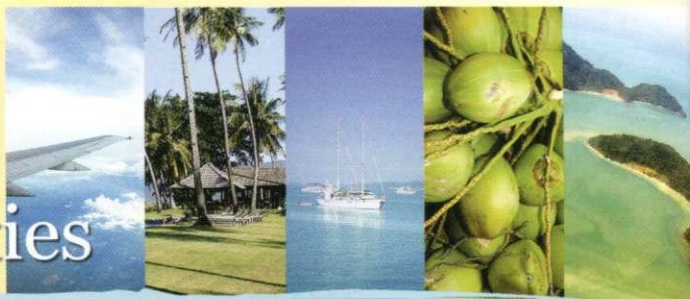
- 3 nights accommodation in a deluxe room
- 3 buffet breakfasts per person
- 1 complimentary buffet dinner per person
- 2-way airport transfer (KLIA to hotel return)
- Complimentary fruit basket
- Executive Screening Programme (ESP) Consultant Package at a local hospital

Please consult your travel agent or hospital in your home country or in Malaysia about the type of packages offered and the exact price. The types of packages above may or may not be available in all hospitals in Malaysia.

**Prices are subject to change.*



Entry Formalities



Visitors to Malaysia must be in possession of a valid passport or travel document with a minimum validity of six months beyond the intended visiting period. Most nationalities do not require visas for social or business visits. Kindly browse Tourism Malaysia's website (www.tourismmalaysia.gov.my) or the Immigration Department's website (www.imi.gov.my) for further information.

Note : A passport is also necessary for travel between Peninsular Malaysia and Sabah and Sarawak, as well as between these states.

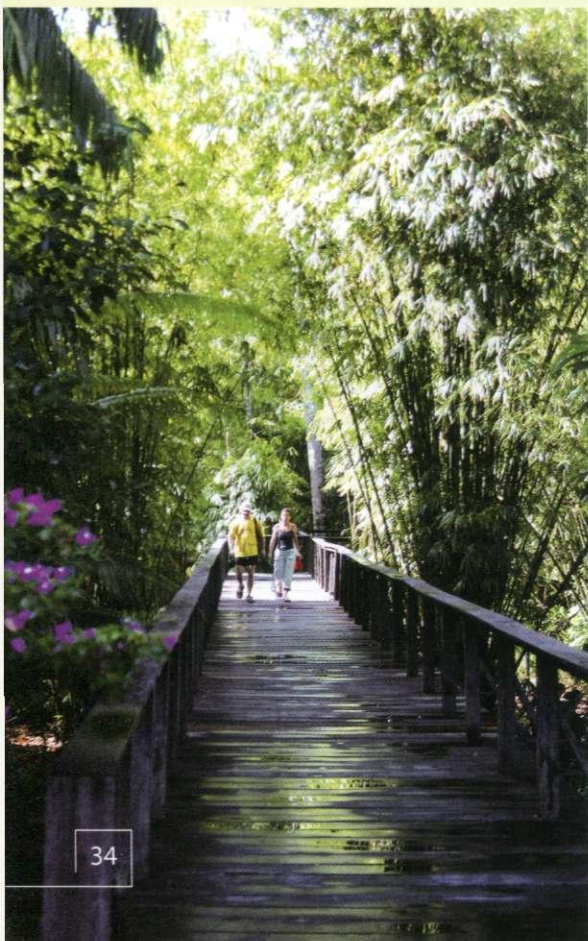
Nationals of all ASEAN countries EXCEPT MYANMAR do not require a visa to enter Malaysia for the purpose of a social visit, for not more than one month. For other purposes or social visits for a duration of stay exceeding one month, a visa is required. Visa applications should be made at the Malaysian Mission in your country.


Extended Social Visit Passes

For the purpose of medical treatment at a government hospital or private specialist hospital, foreign nationals are allowed to extend their stay in Malaysia. Medical visitors and one accompanying person are eligible to extend their stay for six months which is renewable thereafter, or a period certified by their attending doctor.

Documents required when seeking an extension of stay:

- Letter of certification stating the applicant's medical condition and the duration required for treatment from the government hospital or private specialist hospital in Malaysia.
- A letter from the patient's attending doctor certifying the status of the accompanying person as a travelling companion to the patient.





For further inquiries please contact the Immigration Department at these numbers:

- **Kuala Lumpur Immigration Office**

Aras Bawah, Kompleks Wilayah,
Jalan Munshi Abdullah,
50550 Kuala Lumpur.
Tel. No. : 603-2698 0377
Fax. No. : 603-2698 0068

- **Johor Immigration Office**

Tingkat 2, Blok B, Wilayah Persekutuan,
Jalan Air Molek,
80550 Johor Bahru,
Johor.
Tel. No. : 607-2244 255
Fax. No. : 607-2231 740 / 2246 562

- **Melaka Immigration Office**

Tingkat 2, Bangunan Persekutuan,
Jalan Hang Tuah,
75300 Melaka.
Tel. No. : 606-292 3300
Fax. No. : 606-284 1085

- **Penang Immigration Office**

Jalan Kelasah,
13700 Bandar Seberang Jaya,
Pulau Pinang.
Tel. No. : 604-397 3011
Fax. No. : 604-398 3529

- **Sabah Immigration Office**

Tingkat 4 & 5,
Bangunan Wisma Dang Bandang,
Jalan Tuanku Abdul Rahman,
88550 Kota Kinabalu,
Sabah.
Tel. No. : 6088-280700
Fax. No. : 6088-240005

- **Sarawak Immigration Office**

Tingkat 1&2, Bangunan Sultan Iskandar,
Jalan Simpang Tiga,
93550 Kuching,
Sarawak.
Tel. No. : 6082-247 222
Fax. No. : 6082-240 390

**For a full list of all state and branch immigration offices in the country kindly browse www.imi.gov.my*

Fast Track Clearance can be considered for foreign patients provided that the relevant hospital informs the immigration authorities at any point of entry to Malaysia, at least three (3) days prior to arrival.



Helpful Hints



- Kindly verify with your insurance provider as to your coverage or non-coverage before you leave the country.
- A referral is encouraged. Any information regarding previous treatment or test results should be brought along if possible to make an accurate diagnosis as well as being useful for comparative study.
- Try and schedule follow up visits with your doctor before you return to your home country.

Useful Contacts

Association of Private Hospitals of Malaysia (APHM)

Pantai Medical Centre, Suite 50,
No. 8, Jalan Bukit Pantai,
59100 Kuala Lumpur,
Malaysia.
Tel. No. : 603-2284 0278
Fax. No. : 603-2284 1278
E-mail : aphm@po.jaring.my
Website : www.hospitals-malaysia.org

Ministry of Health (MoH)

Health Tourism Unit, Medical Practice Division,
Block E1, E6, E7 & E 10, Parcel E,
Federal Government Administration Centre,
62950 Putrajaya,
Malaysia.
Tel. No. : 603-8883 3888
Fax. No. : 603-8889 4971
Website : www.moh.gov.my

Department of Immigration, Malaysia

Head Office (Ministry of Home Affairs),
Level 1-7 (Podium),
Block 2G4 Precinct 2,
Federal Government Administration Centre,
62550 Putrajaya,
Malaysia.
Tel. No. : 603-8880 1000
Fax. No. : 603-8881 2000
E-mail : pro@imi.gov.my
Website : www.imi.gov.my

Malaysian Association of Tour & Travel Agents (MATTA)

No. 11, Jalan 1/76 Desa Pandan,
55100 Kuala Lumpur,
Malaysia.
Tel. No. : 603-9287 6881
Fax. No. : 603-9287 6880
E-mail : admin@matta.org.my
Website : www.matta.org.my

Malaysia External Trade Development Corporation (MATRADE)

No. 7th Floor, Wisma Sime Darby (West Wing),
Jalan Raja Laut,
50350 Kuala Lumpur,
Malaysia.
Tel. No. : 603-2616 3333
Fax. No. : 603-2694 733
E-mail : info@matrade.gov.my
Website : www.matrade.gov.my

What They Say

"The dental treatments were quite major, and I was extremely impressed and pleased with the specialist. The staff were really friendly and attentive. I am really pleased with the final results."

Kelly, 26, from Manchester, UK

"It seems common sense for those in the UK seeking cosmetic surgery to have the procedure done in Malaysia. The standard of care is second to none. There is the anonymity for those who consider it important. Above all, for the same cost as in the UK or possibly less, you can have a wonderful vacation in a beautiful country."

Paul, 27 from Manchester, UK underwent liposuction to his stomach


"Why pay double the price at home for surgery treatments when you can have this level of service in a beautiful country!"

Leanne, 43, from Australia underwent a full facelift

"The environment here, for me as a Muslim is good. I don't have to worry about getting *halal* food at all. The surgeon, a Muslim too, recited a *doa* (prayer) before beginning the procedure which gave me some peace of mind. To me that's critical."

Ali Ahmed Abu Bakir, 48, after undergoing coronary bypass surgery. He is a civil engineer from Abu Dhabi, United Arab Emirates (UAE).





Malaysia at a Glance

Country

The Federation of Malaysia comprises Peninsular Malaysia made up of 11 states, three Federal Territories and the states of Sabah and Sarawak in Borneo. Its capital is Kuala Lumpur.

Area

329,758 sq km

Geographical Location

Located between 2° and 7° north of the Equator, Peninsular Malaysia is separated from the states of Sabah and Sarawak by the South China Sea. To the north of the peninsula is Thailand while its southern neighbour is Singapore. Sabah and Sarawak share a common border with Indonesia while Sarawak also shares a border with Brunei Darussalam.

Climate

Tropical climate with warm weather all year round with temperatures ranging from 21°C to 32°C. Annual rainfall varies from 2,000mm to 2,500mm.

People

Its three major races, the Malays, Chinese and Indians, along with the KadazanDusuns, Ibans and other ethnic groups make up the delightful multicultural fabric of Malaysia.

Religion

Islam is the official religion but other religions are practised freely.

Language

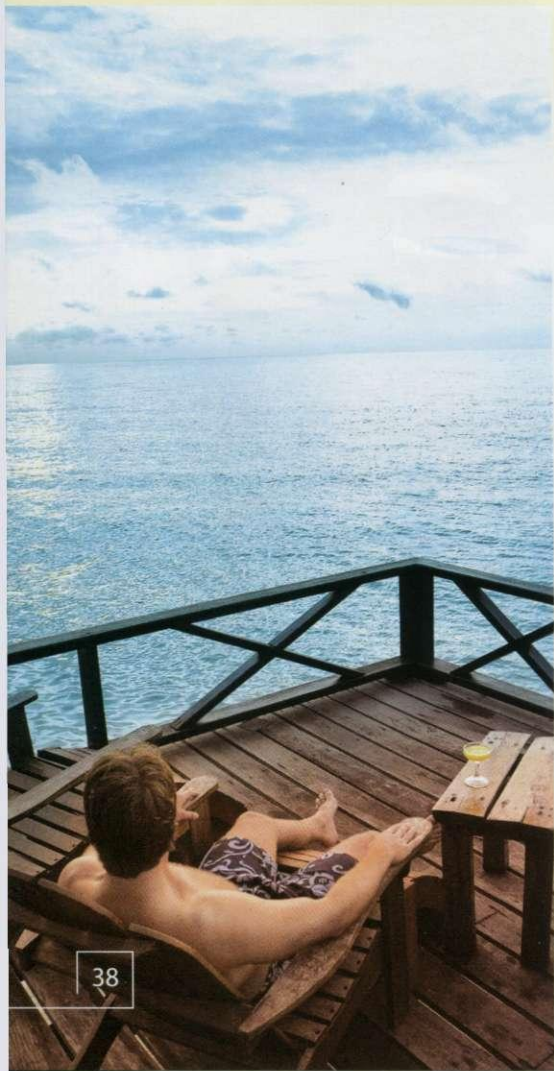
Bahasa Melayu (Malay) is the national language but English is widely spoken. The ethnic groups also speak various languages and dialects including Cantonese, Hokkien, Mandarin, Tamil and Hindi.

Currency

The Malaysian currency is denoted as Ringgit or RM. The RM comes in denominations of RM1, RM2, RM5, RM10, RM50 and RM100. Coins are known as sen. These include 1 sen, 5 sen, 10 sen, 20 sen and 50 sen. Foreign currencies can be changed at banks, airports and money changers.

Getting to Malaysia

The main gateway to Malaysia is through the Kuala Lumpur International Airport (KLIA) at Sepang, located approximately 50km south of Kuala Lumpur.



Other international airports which serve as entry points are in Penang, Kuching, Kota Kinabalu and Langkawi. Over 40 international airlines fly into the country while the national carrier, Malaysia Airlines, has a global network that spans six continents and a national network that covers more than 36 local destinations. The main entry point by sea is Port Klang, about 50km away from KL. Malaysia is also accessible by rail and road from Singapore and Thailand.

Getting Around Malaysia

Malaysia has excellent domestic air links serviced by Malaysia Airlines and the budget airline, AirAsia, and a well-developed and efficient public transportation system served by buses, taxis and trains.

Money Matters

Banking hours are from 9.30am to 4.00pm on weekdays and 9.00am to 11.30am on Saturdays. Banks in the states of Kedah, Kelantan and Terengganu operate from 9.30am-4.00pm from Saturdays to Wednesdays and from 9.30am-11.30am on Thursdays. Most banks are closed on the 1st and 3rd Saturdays of the month.

Working Days

All states (with the exception of Kedah, Kelantan and Terengganu) observe Saturdays as a half-day and Sundays as a public holiday. Kedah, Kelantan and Terengganu observe Fridays as a half-day and Saturdays as a public holiday.

Post Offices

Open from 8.30am to 5.00pm daily except Sundays and public holidays. In Kedah, Kelantan and Terengganu, post offices are closed on Fridays and public holidays.

Government

Malaysia is a parliamentary democracy with a bicameral legislative system. The Head of State is the Yang di-Pertuan Agong and the Head of Government is the Prime Minister.

Time

Eight hours ahead of GMT and 16 hours ahead of US Pacific Standard Time.

Electricity

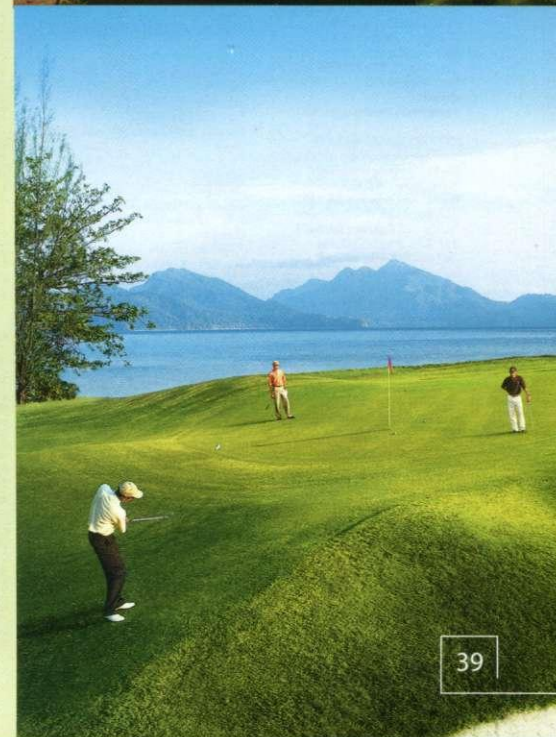
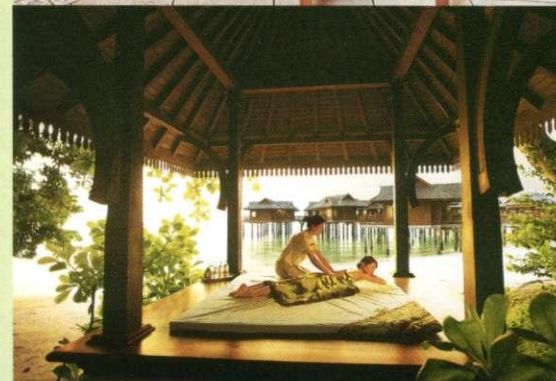
Voltage is 220-240 volts A/C at 50 cycles per second. Standard 3-pin square plugs and sockets.

Weights and Measures

Malaysia uses the metric system in weights and measures.

Telecommunications

Malaysia is linked nationally and internationally by telephone, facsimile, telegraph, telex and via the Internet. Most hotels provide International Direct Dial (IDD) telephone services.



Tourism Malaysia Offices

HEAD OFFICE

17th Floor, Menara Dato' Onn, Putra World Trade Centre
45 Jalan Tun Ismail, 50480 Kuala Lumpur, Malaysia
Tel : 603-2615 8188
Fax : 603-2693 5884/0207
Tourism Infoline (within Malaysia) : 1 300 88 5050
Website : www.tourismmalaysia.gov.my
E-mail : enquiries@tourism.gov.my
e-Portal : www.virtualmalaysia.com

STATE OFFICES

JOHOR
L3-26, Aras 3, Bangunan JOTIC
2, Jalan Ayer Molek
80000 Johor Bahru, Johor
Tel : 607-222 3590 / 1
Fax : 607-223 5502
E-mail : mtpbjbh@tourism.gov.my

KEDAH
Kompleks Pelancongan Negeri
Kedah
Seksyen 20, Jalan Raja
05000 Alor Star, Kedah
Tel : 604-730 1322 / 731 2322
Fax : 604-734 0322
E-mail : mtpbkdh@tourism.gov.my

KELANTAN
Kampung Kraftangan, Jalan Hilir
Balai
15300 Kota Bharu, Kelantan
Tel : 609-747 7554
Fax : 609-747 8010
E-mail : mtpb.kelantan@tourism.gov.my

KUALA LUMPUR/SELANGOR
PUTRAJAYA
30th Floor, Menara Dato' Onn
Putra World Trade Centre (PWTC)
No. 45 Jalan Tun Ismail
50480 Kuala Lumpur
MALAYSIA
Tel : 603 2615 8188
Fax : 603 2693 5884 / 0207
Email : enquiries@tourism.gov.my

MELAKA
Tourism Malaysia Melaka
Lot 02, Tingkat Bawah
Bangunan Lembaga Tabung Haji
Jalan Banda Kaba
75000 Melaka
Tel : 06-288 3304/ 3785/ 1549
Fax : 06-286 9804
E-mail : mtpb.melaka@tourism.gov.my

NEGERI SEMBILAN
Seremban Plaza
Jalan Dato' Muda Linggi
70100 Seremban, Negeri Sembilan
Tel : 606-763 5388 / 762 2388 / 4488
Fax : 609-763 8428
E-mail : mtpb.negerisembilan@tourism.gov.my

PAHANG
Jalan Mahkota
25000 Kuantan, Pahang
Tel : 609-517 7111 / 3 / 5
Fax : 609-517 7114
E-mail : mtpb.pahang@tourism.gov.my

PERLIS
No 19, Tingkat Bawah
Jalan Pengkalan Indah
Pengkalan Asam
01000 Kangar, Perlis
Tel : 604-978 1235 / 1213
Fax : 604-978 1143
E-mail : mtpb.perlis@tourism.gov.my

PERAK
Tingkat Bawah
Lot 7 & 9, Jalan Medan Istana 3
Bandar Ipoh Raya, 30000 Ipoh,
Perak
Tel : 605-255 2772 / 9962 / 5055
/ 1012
Fax : 605-253 2194
E-mail : mtpbperak@tourism.gov.my

PENANG
56th Floor, KOMTAR
10000 Penang
Tel : 604-261 0058 / 263 4941
Fax : 604-262 3688
E-mail : mtpbpcn@tourism.gov.my

SABAH
Lot 1-0-7, Ground Floor, Block 1
Lorong Api-Api 1, Api-Api Center
88000 Kota Kinabalu, Sabah
Tel : 6088-211 732 / 248 698 / 242
064
Fax : 6088-241 764
E-mail : mtpbbki@tourism.gov.my

SARAWAK
297-2-1, Mezzanine Floor
Riverbank Suites, 93100 Kuching,
Sarawak
Tel : 6082-246 575 / 775
Fax : 6082-246 442
E-mail : mtpbkch@tourism.gov.my

TERENGGANU
5th Floor, Menara Yayasan Islam
Terengganu, Jalan Sultan Omar
20300 Kuala Terengganu,
Terengganu
Tel : 609-622 1433 / 1893
Fax : 609-622 1791
E-mail : mtpbkt@tourism.gov.my

OVERSEAS OFFICES

AUSTRALIA
Melbourne
355 Exhibition Street, Melbourne
Victoria 3000
AUSTRALIA
Tel : 00613 9654 3177
Fax : 00613 9654 3176

Perth
Ground Floor
56, William Street
Perth WA 6000, AUSTRALIA
Tel : 00618 9481 0400
Fax : 00618 9321 1421
E-mail : tourmal@inet.net.au

Sydney
Level 2, 171 Clarence Street
Sydney NSW 2000, AUSTRALIA
Tel : 00612 9299 4441/2/3
Fax : 00612 9262 2026
E-mail : mtpb.sydney@tourism.gov.my

BANGLADESH
c/o High Commission of Malaysia
House No.19, Road No.6
Baridhara, Dhaka 1212,
BANGLADESH
Tel : 008802 882 7759/60
Fax : 008802 882 7761/3115
E-mail : mtpb.dhaka@tourism.gov.my

BRUNEI DARUSSALAM
c/o High Commission of Malaysia
No.61, Simpang 336, Jalan
Kebangsaan
Bandar Seri Begawan BA 1211
P.O. Box 2826
Bandar Seri Begawan BA 8675
BRUNEI DARUSSALAM
Tel : 006732 2381 095/6/7
Fax : 006732 2381 576
E-mail : mtpb.brunei@tourism.gov.my

CAMBODIA
c/o Embassy of Malaysia
No. 5, Street 242
Sangkat Chaktomouk, Khan Daun
Penh
Phnom Penh, CAMBODIA
Tel : 00855 232 16176/177
Fax : 00855 232 16004

CANADA
1590-1111, West Georgia Street
Vancouver BC, CANADA V6E 4M3
Tel : 604 689 8899
Fax : 604 689 8804
E-mail : mtpb.vancouver@tourism.gov.my
Website : www.malaysiatourism.ca

FEDERAL REPUBLIC OF GERMANY
Weissfrauenstrasse 12-16
D-60311 Frankfurt am Main
FEDERAL REPUBLIC OF GERMANY
Tel : 004969 460 92 3420
Fax : 004969 460 92 3499
E-mail : info@tourismmalaysia.de
Website : www.tourismmalaysia.de

FRANCE
Office National du Tourisme de Malaisie
29, Rue des Pyramides
75001 Paris, FRANCE
Tel : 00331 4297 4171
Fax : 00331 4297 4169
E-mail : mtpb.paris@tourism.gov.my
Website : www.ontmalaisie.com

HONG KONG
Ground Floor, Malaysia Building
No. 47-50, Gloucester Road
HONG KONG
Tel : 00852 2528 5810/1
Fax : 00852 2865 4610
E-mail : mtpb.hongkong@tourism.gov.my

ITALY
Via Privata della Passarella, Nr 4
1st Floor, 20122 Milan, ITALY
Tel : 0039 02 796702 / 723
Fax : 0039 02 796806
E-mail : mtpb.milan@tourism.gov.my

JAPAN
Osaka
10th Floor, Cotton Nissay Building
1-8-2, Utsubo-Honmachi, Nishi-ku
Osaka
550-0004 JAPAN
Tel : 008166 444 1220
Fax : 008166 444 1380
E-mail : mtpb.osaka@tourism.gov.my

Tokyo
5F Chiyoda Building
1-6-4, Yurakucho Chiyoda-ku
Tokyo 100 0006, JAPAN
Tel : 008 13 3501 8691 / 4
Fax : 008 13 3501 8692
E-mail : mtpb.tokyo@tourism.gov.my
Website : www.tourismmalaysia.or.jp

KINGDOM OF SAUDI ARABIA
c/o Consulate General of Malaysia
Lot 241, Al Mualifin Street
Al Rehab District, P.O. Box 593
Jeddah 21421
KINGDOM OF SAUDI ARABIA
Tel : 02 672 8019 / 7740
Fax : 02 675 2391
E-mail : mtpb.jeddah@tourism.gov.my

LAO PEOPLE'S DEMOCRATIC REPUBLIC
c/o Consulate General of Malaysia
Route Thai Luang, Quartier Pholxay
P.O. Box 789, Vientiane
LAO PEOPLE'S DEMOCRATIC REPUBLIC
Tel : 21 414 205/6
Fax : 21 414 201
E-mail : mtpb.laos@tourism.gov.my

PEOPLE'S REPUBLIC OF CHINA
Beijing
Malaysia Tourism Promotion Board
Beijing Office
Embassy of Malaysia - Tourism Section
RM 506-507, Air China Plaza
No. 36, Xiaoyun Road, Chaoyang
District Beijing 100027
PEOPLE'S REPUBLIC OF CHINA
Tel : 0086 10 8447 5056
Fax : 0086 10 8447 5798
E-mail : mtpb.beijing@tourism.gov.my

Chengdu
c/o Malaysia Airlines Office
18th Floor, Western China Business
Tower
19 Ren Min Nan Road, Section 4
Chengdu Sichuan Province
PEOPLE'S REPUBLIC OF CHINA
Tel : 0086 28 8526 8586
Fax : 0086 28 8526 8583
E-mail : mtpb.chengdu@mqb-hq.net

Guangzhou
Consulate General of Malaysia
(Tourism Section)
Unit 3216, CITIC Plaza
233 Tian He Bei Road
Guangzhou 510610
PEOPLE'S REPUBLIC OF CHINA
Tel : 0086-20-38773691 /
0086-20-38770303
Fax : 0086-20-38773692
E-mail : mtpb.guangzhou@tourism.gov.my

Shanghai
Consulate General of Malaysia -
Tourism Section
Unit 1109, Level 11
CITIC Square, 1168 Nanjing Road
West Jing An District, Shanghai 200041
PEOPLE'S REPUBLIC OF CHINA
Tel : 0086 21 5292 5252 Ext:
2015/6/7
Fax : 0086 21 5292 5948
E-mail : mtpb.shanghai@tourism.gov.my

PHILIPPINES
c/o Embassy of Malaysia
11th Floor The World Center Building
330 Sen. Gil Puyat Avenue
Makati City 1221
PHILIPPINES
Tel : 00 6 32 864 0761 / 891 1697
Fax : 00 6 32 891 1697
E-mail : mtpb.manila@tourism.gov.my

REPUBLIC OF INDIA
Chennai
4th Floor, Vijaya Towers
No. 4, Kodambakkam High Road
Chennai 600 034, REPUBLIC OF INDIA
Tel : 0091 44 4506 8080
Fax : 0091 44 4506 8383
E-mail : mtpb.chennai@tourism.gov.my

Mumbai
123, Jolly Maker Chamber 11
12th Floor, Nariman Point
Mumbai 400001
REPUBLIC OF INDIA
Tel : 009 122 6635 2085
Fax : 009 122 6639 0702
E-mail : mtpb.mumbai@tourism.gov.my

New Delhi
c/o Ministry of Tourism, Malaysia
Le-Meridien Hotel, Commercial
Towers
1st Floor, 8 Janpath, Windsor Place
New Delhi 110001, REPUBLIC OF INDIA
Tel : 0091 11 4150 6105/ 8
Fax : 0091 11 4150 6106
E-mail : mtpb.newdelhi@tourism.gov.my

REPUBLIC OF INDONESIA
Jakarta
c/o Embassy of Malaysia
Jalan H.R. Rasuna Said
Kav.X/6, No.1-3, Kuningan
Jakarta Selatan 12950
REPUBLIC OF INDONESIA
Tel : 021 5220 765 / 5224 947 Ext. 3030
Fax : 021 5220 766
E-mail : mtpb.jakarta@cbn.net.id

Medan
c/o Consulate General of Malaysia
43, Jalan Diponegoro
20152 Medan, Sumatera Utara
REPUBLIC OF INDONESIA
Tel : 061 4523 192
Fax : 061 4523 179
E-mail : mtpb.medan@tourism.gov.my

REPUBLIC OF KOREA
2nd Floor, Hannung Building
47-2 Seosomun-dong, Chung-ku
Seoul 100-110, REPUBLIC OF KOREA
Tel : 02 779 4422/ 251
Fax : 02 779 4254
E-mail : mtpb.seoul@tourism.gov.my

RUSSIAN FEDERATION
c/o Embassy of Malaysia
Mosfilmovskaya Ulitsa
50, Moscow 117192
RUSSIAN FEDERATION
Tel : 007 495 933 5748/7
Fax : 007 495 933 5749
E-mail : mtpb.moscow@tourism.gov.my
Website : www.tourismmalaysia.ru

SINGAPORE
#01-01B/C/D, No. 80,
Robinson Road
SINGAPORE 068898
Tel : 02 6532 6321
Fax : 02 6535 6650
E-mail : mtpb.singapore@tourism.gov.my
Website : www.tourismmalaysia.org.sg

SOCIALIST REPUBLIC OF VIETNAM
Hanoi
c/o Embassy of Malaysia
43-45 Dien Bien Phu Street, Hanoi
SOCIALIST REPUBLIC OF VIETNAM
Tel : 844 734 3836/7/49
Fax : 844 734 4679
E-mail : mtpb.hanoi@tourism.gov.my

Ho Chi Minh City
Mezzanine Floor, Pasteur Tower
139 Pasteur Street, District 3
Ho Chi Minh City
SOCIALIST REPUBLIC OF VIETNAM
Tel : 84 8 825 8036
Fax : 84 8 825 8037
E-mail : tourism_malaysia@vnn.vn

SOUTH AFRICA
1st Floor, Building Five, Commerce
Square
39 Rivonia Road, Sandhurst
Johannesburg, SOUTH AFRICA
Tel : 002 711 268 0292/5
Fax : 002 711 268 0296
E-mail : mtpb.johannesburg@tourism.gov.my

SWEDEN
Klarabergsgatan 35, 2tr
Box 131, 10122 Stockholm,
SWEDEN
Tel : 004 68 24 99 00
Fax : 004 68 24 23 24
E-mail : mtpb.stockholm@tourism.gov.my
Website : www.malaysiatourist.net

TAIWAN
Suite C, 8th Floor, Hung Tai Centre
170, Tun Hwa North Road, Taipei
TAIWAN
Tel : 02 2514 9704/34
Fax : 02 2514 9973
E-mail : mtpb.taipei@tourism.gov.my

THAILAND
Bangkok
Unit 1001, Liberty Square
287, Silom Road, Bangkok 10500,
THAILAND
Tel : 0662 631 1994/5/6
Fax : 0662 631 1998
E-mail : mtpb.bangkok@tourism.gov.my

Phuket
183-81, Phang Nga Road
Amphur Muang, 83000 Phuket,
THAILAND
Tel : 076 220 192/3
Fax : 076 220 196
E-mail : mtpb.phuket@tourism.gov.my

TURKEY
Valikonagi Caddesi 11/1, Oba Apt.
80220 Nisantasi, Istanbul, TURKEY
Tel : 212 225 2761/7368
Fax : 212 240 3691
E-mail : mtpb.istanbul@tourism.gov.my

UNITED ARAB EMIRATES
Suite No. 9, Mezzanine Floor
Al-Shafeena Building, Near Lancy
Plaza
Al-Zabeel Road, Al Hamriya
P.O. Box 4598, Dubai
UNITED ARAB EMIRATES
Tel : 04 3377 578/9
Fax : 04 3353 318
E-mail : mtpb.dubai@tourism.gov.my

UNITED KINGDOM
57, Trafalgar Square, London WC2N
5DU
UNITED KINGDOM
Tel : 020 7930 7932
Fax : 020 7930 9015
E-mail : mtpb.london@tourism.gov.my
Website : www.tourismmalaysia.gov.my

UNITED STATES OF AMERICA
Los Angeles
818 West 7th Street, Suite 970
Los Angeles CA 90017
UNITED STATES OF AMERICA
Tel : 213 689 9702
Toll-free : 800 336 6842 (within LA)
Fax : 213 689 1530
E-mail : malaysiainfo@aol.com

New York
120, East 56th Street
Suite 810, New York NY 10022
UNITED STATES OF AMERICA
Tel : 212 754 1113
Fax : 212 754 1116
E-mail : mtpb.ny@tourism.gov.my





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November 2007

(TRAFFICKING IN ILLEGAL DRUGS CARRIES THE DEATH PENALTY)

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